

PLEASE NOTE:

WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aid to the existing class.

CANCELLATION AND REFUND POLICY

If you cancel your class prior to the first scheduled day, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 2-3 weeks for a check refund. If you cancel your class prior to the first day of your scheduled class you will receive a refund minus a \$10.00 cancellation fee.

CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class. No make-ups or refunds are given for missed lessons due to personal reasons.

RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

**WARRENTON AQUATIC &
RECREATION FACILITY**

SPRING 2012 SPECIALTY aquatics



**WARF Swim Club
Stroke & Turn Clinics
Summer Prep
CPR/AED for Lifeguards Recert
Water Safety Instructor Course
Waterpark Lifeguard Course**

800 Waterloo Road
Warrenton, VA
540.349.2520
www.warrentonva.gov



Town of Warrenton
Parks & Recreation Department

WARF SWIM CLUB (ages 6 - 12)

This non-competitive fun swim club is a continuation of the swim lessons program. Focus is on proper technique and performance in the four strokes; freestyle, breaststroke, backstroke and butterfly. Competition skills are introduced such as starts and turns as well as the importance of self-improvement. Swimmers can enjoy the benefits of swimming in a non-competitive environment while they work on bridging their skills from swimming lessons into the possibility of joining a competitive swim team. Club meets once a week for 14 weeks (14 - 60 minute classes) Prerequisite: All swimmers need to have completed Level 4 swim lessons or equivalent.

WARFSC	Saturday	12:00p - 1:00p	Mar 3 - Jun 9	\$168.00
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STROKE & TURN CLINICS (ages 11 - 18)

These clinics are designed to help swimmers with specific strokes and skills. Perfect for the swimmer who would like to spend a little extra time working on a particular skill. Come out for the clinic and stay for a little fun with your friends afterward. (Free swim in leisure pool included in clinic cost) Prerequisite: Comfortable in the water and able to swim 10-15 yds in any stroke. Each clinic meets 2 consecutive Friday evenings.

Get off my BACK

Become more confident in swimming the backstroke! Learn the elements of backstroke to include; the body roll, arm strokes, kick, and approaching the wall.

STC11	Friday	7:00p - 8:00p	Mar 9 & 16	\$24.00
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With FLYing Colors

Learn to “fly” across the pool! Butterfly will be broken down into different elements to work on timing of the arm stroke, dolphin kick, and breathing.

STC12	Friday	7:00p - 8:00p	Mar 23 & 30	\$24.00
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It’s a FREE for all

Learn to amp up your freestyle to get the most out of each pull and kick. Take precious seconds off your time.

STC13	Friday	7:00p - 8:00p	Apr 13 & 20	\$24.00
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Keep aBREAST of...

Learn how to take your breaststroke to the next level. Make Your the pulls quicker, legs stronger, and glides more productive so that you can leave the competition in your wake.

STC14	Friday	7:00p - 8:00p	Apr 27 & May 4	\$24.00
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Starts & Turns

Make flip turns easy and fun. Learn the elements of freestyle and backstroke flip turns so you spend less time on the wall and more time in the water. Open turns will also be worked on. Getting off the blocks fast is the first step in beating out the competition. Learn how to get the best start from the blocks (freestyle, fly, or breaststroke) or in the pool (backstroke).

STC15	Friday	7:00p - 8:00p	May 11 & 18	\$24.00
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SUMMER PREP (ages 10 - 17)

Designed to get competitive swimmers back in the pool and ready to try out for their Summer swim team. Are you new to trying out for the swim team? Don’t fret, this is the class for you. Swimmers will be working on stroke technique, starts and turns, and endurance. This is not a swim lesson. Prerequisite: Previous swim team experience is recommended. Swim 50 yards of any stroke in good form. Classes meet twice a week for 10 weeks (20 - 50 minute classes)

MSP11	Mon/Wed	4:30p - 5:20p	Mar 12 - May 23	\$200.00
MSP12	Mon/Wed	5:20p - 6:10p	Mar 12 - May 23	\$200.00
MSP13	Mon/Wed	6:10p - 7:00p	Mar 12 - May 23	\$200.00

CPR/AED FOR LIFEGUARDS RECERTIFICATION

American Red Cross (ARC) course designed to recertify current ARC CPR/AED for Lifeguard card holders. Once completed, course will be valid for 2 years. Prerequisite: Must hold a current, valid ARC CPR/AED certification. Participants must bring their breathing barrier to class with them.

FEBCPR	Wednesday	4:00p - 9:00p	2/29	\$75.00
MARCPR	Wednesday	4:00p - 9:00p	3/28	\$75.00
APRCPR	Wednesday	4:00p - 9:00p	4/25	\$75.00
MAYCPR	Wednesday	4:00p - 9:00p	5/30	\$75.00

WSI (WATER SAFETY INSTRUCTOR) COURSE

Become an American Red Cross (ARC) Water Safety Instructor (WSI). This course will train you on how to be a swim lesson instructor to include the Water Safety courses and the many levels of the ARC Learn to Swim program. ARC instructors are in demand across the country and certification is recognized nationwide. Age requirement: must be 16 by the last day of class. Must complete and pass the pretest swim before enrolling in the WSI class. (Participants must sign up for the pretest swim. If participant passes the pretest swim, can then pay for the WSI class.)\$62.00 textbooks, not included in class cost, can be purchased at front desk. Pretest swim: Swim 20 yds each of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yds of butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute. Registration deadline is March 16.

MARWPT	Friday	6:00p - 9:00p	3/23	\$50.00*
MARWSI	Saturday	9:00a - 5:00p	3/24	\$150.00
	Sunday	9:00a - 5:00p	3/25	
	Saturday	9:00a - 5:00p	3/31	
	Sunday	9:00a - 5:00p	4/1	

LIFEGUARD CERTIFICATION COURSE (includes waterpark)

Become an American Red Cross certified lifeguard. Age requirement: must be 15 by last day of class. Must complete and pass a prerequisite swim before enrolling in lifeguard class. (Participants must sign up for the prerequisite swim. If participant passes the prerequisite swim, can then pay for Lifeguard class.) \$35.00 traditional textbook, not included in class cost, can be purchased at front desk. Digital copies of book will be made available when participant enrolls in class. Be sure to include an active email address that digital copy can be sent to. Prerequisite Swim: 300 yd continuous swim: 100 yds front crawl, 100 yds breaststroke, 100 yds either of these two. Timed swim w/brick (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water.

March Class - registration deadline: March 2

MARPR	Friday	3:30p - 4:30p	3/9	\$50.00*
MARLG	Friday	4:30p - 9:00p	3/9	\$150.00
	Saturday	9:00a - 4:00p	3/10	
	Sunday	8:00a - 4:00p	3/11	
	Friday	9:00a - 4:00p	3/16	
	Saturday	9:00a - 4:00p	3/17	

April Class 1 - registration deadline: March 25

APRPR1	Monday	9:00a - 10:00a	4/2	\$50.00*
APRLG1	Monday	10:00a - 4:00p	4/2	\$150.00
	Tuesday	9:00a - 4:00p	4/3	
	Wednesday	9:00a - 4:00p	4/4	
	Thursday	9:00a - 4:00p	4/5	
	Friday	9:00a - 4:00p	4/6	

April Class 2 - registration deadline: April 13

APRPR2	Friday	6:00p - 9:00p	4/20	\$50.00*
APRLG2	Saturday	9:00a - 5:00p	4/21	\$150.00
	Sunday	9:00a - 5:00p	4/22	
	Saturday	9:00a - 5:00p	4/28	
	Sunday	9:00a - 5:00p	4/29	

May Class - registration deadline: May 4

MAYPR	Friday	3:30p - 4:30p	5/11	\$50.00*
MAYLG	Friday	4:30p - 9:00p	5/11	\$150.00
	Saturday	9:00a - 5:00p	5/12	
	Friday	4:00p - 9:00p	5/18	
	Saturday	9:00a - 5:00p	5/19	
	Sunday	8:00a - 4:00p	5/20	

June Class - registration deadline: June 8

JUNPR	Monday	9:00a - 10:00a	6/18	\$50.00*
JUNLG	Monday	10:00a - 4:00p	6/18	\$150.00
	Tuesday	9:00a - 4:00p	6/19	
	Wednesday	9:00a - 4:00p	6/20	
	Thursday	9:00a - 4:00p	6/21	
	Friday	9:00a - 4:00p	6/22	